

Come train with former UFC Lightweight Champion

SEAN SHERK

Space is limited

Please call to reserve.

"... Sean began wrestling at a the young age of 7. Over his 11 year wrestling career he racked up over 400 matches. In the mid 90's he began to dabble in martial arts. After discovering the Minnesota Martial Arts Academy, he began to study Boxing, Shoot Wrestling, and Muay Thai. He soon found that his wrestling background gave him a distinct advantage on the mat. His coach Greg Nelson, owner of the M.M.A.A., remembers that "He was extremely tenacious and would never quit." In the year 2000 Sean continued his love for wrestling by hooking up with the St. Cloud State Wrestling team.

... In 1999 [Sean] ... competed in his first NHB fight. This was a tournament style competition, which he won after defeating two opponents. Sean piled up an impressive record of 17-0-1 before fighting Matt Hughes for the UFC welterweight title. Although he lost the fight Sean

continued to train as hard as ever and went on a 12 fight winning streak finishing most of his opponents by submission. One of the highlights of his career was fighting in Pride Bushido 2 against Ryuki Ueyama, his Japanese fans gave him the nickname "Muscle Shark." In Oct 2006 he defeated Kenny "Kenflo" Florian to become the UFC Lightweight World Champion..."

-taken from seansherk.com

Sean Sherk...

... has fought in the Extreme Challenge, King of the Cage, Pancrase, TKO, Extreme Challenge, The Ultimate Fighting Championship, and Pride Bushido.

... fights for Team X-Factor out of the Minnesota Martial Arts Academy.



source: seansherk.com

Come join us for a seminar with an expert in striking, conditioning, take-downs, submissions and fighting in all ranges to help develop your overall game, whether it be MMA or traditional Martial Arts.

DATE: Saturday, February 12th, 2011

TIME: 4-7pm (following the signing)

COST: \$125

**LOCATION: MARTIAL CONCEPTS
119 Main Street, Odessa, ON**

CONTACT:

**Stan Chisholm 613-449-3828
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Signing

The seminar is following a signing with Sean the same day at the Kingston MMA Store from 2-3pm.

KINGSTON MMA STORE
1786 Bath Rd
(MMA Fight Gear and Apparel)
613-507-9026*613-217-9026
www.kingstonmmastore.webs.com